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'INTERMISSION' TIME

Trailblazing singer-songwriter Amanda Palmer talks about her new album "There Will Be No Intermission." 15



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Wed. April 17th

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HOMELAND SECURITY SHAKE-UP

Kirstjen Nielsen
surprisingly resigned
on Sunday as Homeland
Security secretary
following the
administration's
frustration over
increased crossings
along the southern
border. 2



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**GRADUATE
STUDIES**

**Wed.
Apr. 17**

THINGS TO KNOW

Homeland Security Secretary Nielsen resigns

Privately, Kirstjen Nielsen had grown increasingly frustrated by a perceived lack of support.

Homeland Security Secretary Kirstjen Nielsen resigned on Sunday amid the administration's growing frustration and bitterness over the number of Central American families crossing the southern border, two people familiar with the decision said.

President Donald Trump thanked her for her work in a tweet and announced U.S. Customs and Border Protection Commissioner Kevin McAleenan would be taking over as acting head of the department. McAleenan is a longtime border official who is well-respected by members of Congress and within the administration. The decision to name an immigration officer to the post reflects Trump's priority for a sprawling department founded to combat terrorism following the Sept. 11 attacks.

Though Trump aides were eyeing a staff shake-up at Homeland Security and had already withdrawn the nomination for another key immigration post, the development Sunday was unexpected.

Nielsen traveled to the U.S.-Mexico border



GETTY IMAGES

on Friday with Trump to participate in a roundtable with border officers and local law enforcement. There she echoed Trump's comments on the situation at the bor-

der, though she ducked out of the room without explanation for some time while Trump spoke. As they toured a section of newly rebuilt barriers, Nielsen was at Trump's

side, introducing him to local officials. She returned to Washington afterward on a Coast Guard Gulfstream, as Trump continued on a fundraising trip to Cali-

fornia and Nevada.

But privately, she had grown increasingly frustrated by what she saw as a lack of support from other departments and increased meddling by

Trump aides, the people said. She went into a meeting with Trump at the White House on Sunday not knowing whether she'd be fired or would resign, and she ended up resigning, they said.

There have been persistent tensions between the White House and Nielsen almost from the moment she became secretary, after her predecessor John Kelly became the White House chief of staff in 2017. Nielsen was viewed as resistant to some of the harshest immigration measures supported by the president and his aides, particularly senior adviser Stephen Miller, both around the border and on other matters like protected status for some refugees. Once Kelly left the White House last year, Nielsen's days appeared to be numbered. She had expected to be pushed out last November, but her exit never materialized. And during the government shutdown over Trump's push for funding for a border wall, Nielsen's stock inside the White House even appeared to rise.

But in recent weeks, as a new wave of migration has taxed resources along the border and as Trump sought to regain control of the issue for his 2020 re-election campaign, tensions flared anew. REUTERS

Bret Hart tackled during WWE Hall of Fame speech

2 Wrestler Bret "The Hitman" Hart was tackled by a spectator Saturday while he was giving a speech during the WWE Hall of Fame ceremony at Barclays Center in Brooklyn. The attacker was promptly subdued by several people, including other wrestlers, who came to Hart's defense. Hart, 61, is OK. The person ran toward the ring from the crowd, spectator Alan Fisher told The Associated

Press. "I couldn't believe that the security had missed him in the first place and the next thing you know there was Shane McMahon and Travis Brown on top of him. The crowd was going crazy booing," Fisher said. "Everyone was cheering when one of the wrestlers punched him." New York City Police arrested 26-year-old Zachary Madsen. He faces assault and criminal trespass charges.

ASSOCIATED PRESS

Williamson wins Naismith player of year honor

3 Duke forward Zion Williamson continued his collection of accolades on Sunday when he won the 2019 Naismith Trophy as the top college basketball player in the country, the Atlanta Tipoff Club announced during a press conference in Minneapolis. Williamson is the third freshman to win the honor, joining Kevin Durant of Texas in 2007 and Anthony Davis of Kentucky in 2012. The other three finalists were Gonzaga junior forward

Rui Hachimura, Tennessee junior forward Grant Williams and Murray State sophomore point guard Ja Morant. Williamson won the Oscar Robertson Trophy and Associated Press Player of the Year honors on Friday. He also was the Atlantic Coast Conference Player of the Year. Williamson averaged 22.6 points, 8.9 rebounds, 2.1 assists and 1.8 blocks per game. Williamson is the eighth Duke player to win the prestigious award.

REUTERS

US tourist kidnapped in Ugandan park rescued

4 An American tourist and her driver have been rescued unharmed after being kidnapped in a national park in southwestern Uganda last week, the Ugandan authorities said on Sunday. Kimberley Sue Endecott, 35, was abducted by gunmen in Queen Elizabeth National Park, near the border with Democratic Republic of Congo, on April 4. The kidnappers later demanded a ransom of \$500,000 for her release. "She has been located

and rescued unharmed," Uganda military spokesman Brigadier Richard Karemire said. Ugandan government spokesman Ofwono Opondo said in a tweet that driver Jean Paul had also been rescued from Congo and that the kidnappers had escaped. The gunmen's identities are unclear but the area where the abduction took place was once roamed by fighters belonging to an anti-Kampala rebel group, the Allied Democratic Forces. REUTERS



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NEWS

Chief of staff says Democrats will 'never' see Trump tax returns

Even Mitt Romney called Dems' demands "moronic."

Democrats will "never" see President Donald Trump's tax returns, said White House chief of staff Mick Mulvaney on Sunday, as a new front opened in the confrontation between the administration and Congress.

Mulvaney accused Democrats of engaging in a "political stunt" and wanting "attention" after the chairman of the House Ways and Means Committee, Rep. Richard Neal, asked the IRS to provide six years of Trump's personal tax returns and the returns for some of his businesses.

"That is not going to happen and they know it," Mulvaney told "Fox News Sunday." Asked whether he believed



Mick Mulvaney told "Fox News Sunday" that Democrats will "never" see the president's returns.

AP PHOTO

Democrats would ever view the president's returns, Mulvaney replied: "Oh no, never. Nor should they."

Last week, Massachusetts Democrat Neal, one of only three congressional officials authorized to request tax returns, requested Trump's personal and business returns in a letter to IRS

Commissioner Charles Rettig. He asked for returns covering 2013 through 2018. He also asked for the documents in seven days, setting an April 10 deadline.

An obscure 1924 statute includes no exceptions to Neal's authority to ask the Treasury Department for returns and says the depart-

ment "shall furnish" them when requested. It does require that the review of an individual's return be conducted by members of Congress in "closed executive session" if the returns are provided without the taxpayer's consent.

Still, Mulvaney claimed the law provides for lawmakers to

review individual tax returns but "political hit job is not one of those reasons." His comments echoed those made by Trump's lawyers who argued the Democratic request "would set a dangerous precedent" if granted.

Trump broke with precedent when he chose not to release any tax returns as a presidential candidate. Mulvaney tried to cast the issue of the president's taxes as old news, saying it was "already litigated during the election" and the American people "elected him anyway."

Trump has said he won't release the information because he is under audit, something he reiterated again Friday while visiting the U.S.-Mexico border.

"I'm under audit. When you're under audit you don't do it,"

Trump said.

IRS officials have said taxpayers under audit are free to release their returns. Trump claimed at a news conference following his election in November 2018 that the filings are too complex for people to understand.

William Consovoy, whose firm was retained by Trump to represent him on the matter, said in a letter Friday to the Department of Treasury's general counsel that the tax code zealously guards taxpayer privacy. He said requests for tax returns "must have a legitimate legislative purpose."

Neal has said he made the request to review the IRS policy of auditing the tax returns of all sitting presidents and vice presidents, saying, "little is known about the effectiveness of this program." ASSOCIATED PRESS

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		4 people	\$ 47,970 - \$125,160	\$182,525	\$1535	\$103,700
		5 people	\$ 47,970 - \$135,240	\$182,525	\$1535	\$103,700

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Cannabis educator Jonathan Hirsh smokes a joint he purchased outside the Hunny Pot Cannabis Co.

GETTY IMAGES

Smoking pot vs. tobacco: What science says about lighting up

Some scientific evidence suggests no link between smoking weed and lung cancer.

As more states make it legal to smoke marijuana, some government officials, researchers and others worry what that might mean for one of the country's biggest public-health successes: curbing cigarette smoking.

Though there are notable differences in health research findings on tobacco and marijuana, the juxtaposition strikes some as jarring after generations of Americans have gotten the message that smoking endangers their health.

"We're trying to stop people from smoking all kinds of things. Why do you want to legalize marijuana?" a New York City councilman, Republican Peter Koo, asked at a recent city hearing about the state's potential legalization of so-called recreational pot use.

Marijuana advocates say there's no comparison between joints and tobacco cigarettes. A sweeping federal assessment of marijuana research found the lung-health risks of smoking weed appear "relatively small" and "far lower than those of smoking tobacco," the top cause of preventable death in the U.S.

Unlike for cigarettes, there's evidence of certain health benefits from marijuana, such as easing chronic pain. And marijuana can be used without smoking it. Most states now have legal medical pot programs; 10 states and the District of Columbia have approved recreational use.

"They're different products, and they need to be treated differently," says Mason Tvert, a spokesman for the pro-legalization Marijuana Policy Project.

"They're different products, and they need to be treated differently."

Mason Tvert, spokesman for the pro-legalization Marijuana Policy Project

At the same time, studies have shown crossover between marijuana and tobacco use. And while smoking cannabis may be less dangerous than tobacco to lung health, pot doesn't get an entirely clean slate.

Some health officials and anti-smoking activists also worry about inserting legal marijuana into the growing world of vaping, given uncertainties about the smoking alternative's long-term effects.

POT VS. TOBACCO
While cigarette smoking is the top risk factor for lung cancer, some scientific evidence suggests there's no link between marijuana smoking and lung cancer. That's according to a 2017 federal report that rounded up nearly two decades of studies on marijuana, research that's been limited by the federal government's classification of marijuana as a controlled substance like heroin.

While cigarette smoking is a major cause of heart disease, the report concluded it's unclear whether marijuana use is associated with heart attacks or strokes.

But there's strong evidence linking long-term cannabis smoking to worse coughs and more frequent bouts of chronic bronchitis, according to the report from the National Academies of Sciences, Engineering and Medicine.

The report also looked at other effects, finding a mix of possible risks, upsides and unknowns. For example, the report said marijuana can ease chemotherapy-related nausea and adults' chronic pain but also found evidence the drug is linked to developing schizophrenia and getting in traffic crashes. **ASSOCIATED PRESS**

Doctors Urge Knee Pain Sufferers

“Don’t Get ANY Surgery Until You See This...”

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It’s Best “Treatment Formula” For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going to be the most exciting information you ever read.

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Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

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The Treatment Formula

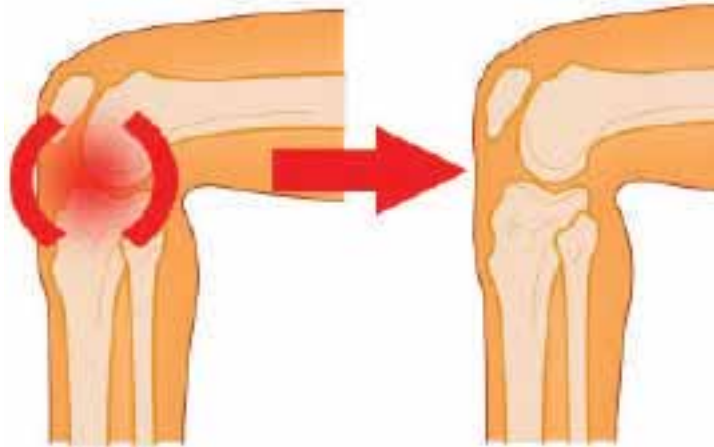
While I can’t give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: **PATIENT SELECTION.**

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

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Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these “gel injections” without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

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offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

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REUTERS

Rwanda honors those killed in genocide 25 years ago

As many as 10,000 people were killed daily.

Rwandan President Paul Kagame began a week of solemn ceremonies on Sunday to commemorate the lives of 800,000 Tutsi and moderate Hutus murdered during the Rwandan genocide, a three-month killing spree that began 25 years ago.

Kagame laid a wreath at the Gisozi genocide memorial site, where over a quarter of a million people are buried, before the government began an afternoon of speeches and song.

"There is no way to fully comprehend the loneliness and anger of survivors, and yet over and over again we have asked them to make the sacrifices necessary to give our nation new life. Emotions had to be put in a box," Kagame said, his tall, thin form projected onto television screens around the nation.

"We are far better Rwandans than we were. But we can be even better still. We are the last people in the world who should succumb to complacency."

The 100 days of slaughter began on April 6, 1994, after President Juvenal Habyarimana and his counterpart Cyprien Ntaryamira of Burundi — both Hutus — were killed when their plane was shot down over the Rwandan capital. The attackers have never been identified.

Among the legacies of the genocide is the International Criminal Court, which grew out of tribunals to investigate and prosecute those responsible for atrocities committed in Rwanda and during the Balkan wars of the 1990s.

At Gisozi on Sunday, popular Rwandan artists sang songs like "Turabunamira twiyubaka," meaning "honoring them as we rebuild."

"Remembering is necessary because it's only thanks to looking back at what happened [that we can] ensure that it never happens again," said hairdresser Olive Muhorakeye.

In the afternoon, officials were to join around 2,000 people in a remembrance march from parliament to the national soccer stadium, where candles would be lit in a night vigil.

At least 10 heads of state were to attend, as well as Canadian Governor General Julie Payette and European Commission President Jean-Claude Juncker.

The attack on Habyarimana mobilized Hutu government soldiers and allied extremist militia, who orchestrated the genocide to exterminate the Tutsi minority.

In villages across the densely populated country, neighbor turned on neighbor as men, women and children were hacked to death, burned alive, clubbed and shot.

As many as 10,000 people were killed daily. Seventy percent of the minority Tutsi population was wiped out, and over 10 percent of the total Rwandan population.

The fighting ended in July 1994 when the Rwandan Patriotic Front (RPF), a Tutsi-led rebel movement led by Kagame, swept in from Uganda and seized control of the country.

Under Kagame, official policy has been to strongly discourage any talk of ethnicity. The opposition says the tight control of the media and political sphere is also used to stifle dissent.

"The ruling party has decided to adopt dictatorship from early days after the genocide as they said they were protecting the national sovereignty, but now I feel that should end," opposition figure Victoire Ingabire told Reuters. **REUTERS**

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Attention, Knee Pain Sufferers - If you suffer from severe knee pain due to osteoarthritis and have tried other treatments that simply did not work, then this may be the most important thing you read all year.

How Our Treatment Can Take Away Knee Pain AND is natural and uses no harmful pain medication...

Let's face it, there are a number of treatments out there for severe knee pain including supplements, injections and... (shudder) total knee replacement (TKR).

Here at The Arthritis Knee Pain Center we use viscosupplementation. But with a BIG difference! If you've had injections before but haven't had luck with them and they didn't help your knee pain, we've got good news for you: our treatment is very effective because of a very important reason!

The Treatment...

Viscosupplementation is an advanced medical treatment where trained doctors put special FDA approved (Covered by most insurance companies including

Medicare) lubricating medicines directly into the arthritic knee joint.

The problem with these treatments, first of all, is that the lubricant (or Gel) the doctors use may not work for the particular patient. Viscosupplements are like antidepressants in a way. Different people respond to different types. We use a variety of lubricants and even if one gel didn't work another may work great. Making sure we use the right lubricating gel may be the key in the treatment.

The Other Key Difference With Our Treatment...

Here at the The Arthritis Knee Pain Center we use advanced medical technology that uses advanced imaging to make sure these very thick gel-like medicines get to the right spot to achieve the best possible results.



This special digital imaging allows doctors to see directly into the arthritic knee joint and deliver the special lubricant EXACTLY where it should go to get the most benefit. And it also allows the procedure to be very comfortable for many patients.

Research has shown that doctors miss the correct area in the joint space up to 30% of the time. We eliminate this problem with our special digital imaging capabilities.

Schedule Your FREE Screening!

We have to be honest here, not everyone is a candidate. This treatment is not for all knee problems. But we want to help you find out and offer you an opportunity to come in and let us evaluate your knee to see if our treatment would be appropriate for you.

Obviously, we can't accommodate everybody each month. We only have a certain amount of open slots in a given month for screenings. Simply call one of our receptionists at (646) 650-2522 and tell them you want the free screening. They'll set up a time that is convenient for you and for us.

But hurry. These slots fill fast every month. This could be the treatment that changes your life! CALL NOW!!!

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REUTERS

‘Surreal’ Pyongyang marathon in spotlight as tensions ease

It's the sixth year that foreigners are allowed to compete.

North Korea's Pyongyang marathon may be among the most complicated to enter but an easing of tensions on the Korean peninsula has made it a stage to highlight the power of sport amid growing interest for the race.

Athletes can only register through one operator, Koryo Tours, for a chance to run through the capital of the reclusive state in the Mangyongdae Prize International Marathon, as the race is officially known.

But close to 1,000 foreigners — several hundred more than last year — signed up in the sixth year foreign runners are allowed to compete on Sunday, according to officials, as tensions between North Korea and South Korea have eased since 2018.

Among those running were two Olympians — retired Swiss freestyle skier Mirjam Jaeger and British snowboarder Aimee Fuller — who are part of a documentary produced by the Olympic Channel on the Pyongyang marathon and the pair's experience of the local sports culture.

The Olympic Channel

is a media operation of the International Olympic Committee and the documentary is set to air in September.

"The start [in Kim Il Sung Stadium] was very busy, the stadium completely full," Fuller, who took part in the 2014 and 2018 Winter Olympics, told Reuters in a telephone interview from the North Korean capital.

"It felt as if we were on a world stage competition. That was completely surreal. It was like the Olympics in an Olympic stadium."

**British snowboarder
Aimee Fuller**

"It felt as if we were on a world stage competition. That was completely surreal. It was like the Olympics in an Olympic stadium."

Large crowds also lined the street at the start of this world athletics body IAAF-accredited bronze label road race, with women wearing traditional costumes ready at refreshment stations.

"Around Mile 13 it definitely started to thin out. Having that unique opportunity to move

from Pyongyang out into the countryside was really surreal."

Politics, however, is never too far away from the Pyongyang marathon, with visitors promised a tour of the capital's landmarks "including a visit to the famous Victorious Fatherland Liberation War Museum and captured spy ship U.S.S. Pueblo."

President Donald Trump and North Korean leader Kim Jong-un have met twice in the past year to discuss denuclearization while North and South Korea are planning for a joint Olympics bid in 2032.

Relations between the North and South greatly improved last year, with South Korean President Moon Jae-in meeting his North Korean counterpart Kim Jong-un at several summits.

North Korea had for years pursued nuclear and missile programs in defiance of U.N. sanctions but the neighbors moved to thaw relations in 2018.

"I would do it again. It was totally worth it," Jaeger, a 2014 Sochi Olympic participant, told Reuters.

"I met so many different people. I know it from my 12-year career as a skier: Sports really has no borders." **REUTERS**



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Dr. Tamara Guichard is adaptive in finding the best ways to communicate her knowledge to the best of her ability. Her practice specializes in vulvar and vaginal disorders including warts, STD's, UTI's, Fibroids, and vaginal infections. She provides routine gynecological care and treatment including rejuvenation procedures, colposcopy, uterine polypectomy, and fertility evaluations.

Often we shy away from asking the uncomfortable questions that we all wonder about from time to time. Questions and curiosities that can keep our minds preoccupied and distracted, or even affect our health by avoiding these topics completely. I understand this common fear and worry that many of us share which is why my approach in patient care is always an authentic and individualized experience, treating the patient first as a translator of sorts, helping me investigate the actual symptoms of their concerns.

Without this bond, we are unable to work together to provide long lasting results that treat each issue with patience and understanding. Whether our patients are coming in for a consultation, testing, evaluations, or treatment plans we seek to create an environment that is purely resourceful and educational for our patients to build a network of long and strong healthy lives. We provide a variety of expert knowledge in rejuvenation procedures and preventative solutions for concerns like endometriosis and fibroid that can be very painful and lead to other medical issues if not treated or properly monitored right away. If you suspect any concern or curious about any form of abnormality where it be hormonal, physical, or related to a specific stage in your life we encourage you to reach out and speak to one us directly as well as set up an appointment for thorough evaluation.

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My biggest message to the majority of my patients when they come in, is to be in tune with their bodies allowing us both to assess what areas in both personal life and your external life such as social or work can supplement each other and contribute to the overall state of your health.

It's important to stay up to date and review all kinds of testing and treatment plans, not just submit to an instant gratification form of treatment. Many fear the unknown and replace fear with assumptions, self diagnosing and self medicating. If we reduce the fear and simplify the process, we become closer to our bodies and realize that our bodies are not as foreign as we make it out to be.

We truly believe that caring starts with advanced resources and technologies that can give us the opportunity to pin point the issue and replenish a person's health and overall experience as a woman. Especially when it comes to a woman's sexual experience, we all deserve a healthy and safe life when it comes to our intimate expressions.

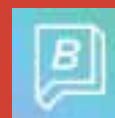
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Dr. Tamara Guichard has been seen recently on Bustle for sharing her expert knowledge on ways to make OBGYN appointments less nerve-racking!

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Joan Lunden, former host of Good Morning America and senior living advocate.



REUTERS

Government says it could take two years to identify families separated at southern border

The ACLU accused the government of not treating the separations with urgency.

It could take the U.S. government up to two years to identify potentially thousands of additional children separated from their parents by the authorities at the southern border, the government said in a court filing.

The filing late on Friday outlined for the first time the Trump administration's plan for identifying which family members might have been separated by assessing thousands of records using a combination of data analysis, statistical science and manual review.

Last month, a federal judge in San Diego expanded the number of migrant families that the government may be required to reunite as part of a class-action lawsuit

brought last year by the American Civil Liberties Union (ACLU).

The Office of Inspector General at the U.S. Department of Health and Human Services said earlier this year that the agency had identified many more children in addition to the 2,737 initially included in the suit. U.S. District Court Judge Dana Sabraw had already ordered that those children be reunited with their parents.

"Defendants estimate that identifying all possible children ... would take at least 12 months, and possibly up to 24 months," the government wrote in Friday's filing. It added that the time frame would be affected by the efficacy of its predictive statistical model, the manpower it can dedicate to the manual review, and any follow-up meetings required.

In a statement on Sat-

urday, the ACLU's lead attorney for the case, Lee Gelernt, said the group strongly opposed the government's proposed plan and accused it of not treating the separations with the necessary urgency.

"The government was able to quickly gather resources to tear these children away from their families and now they need to gather the resources to fix the damage," Gelernt said.

President Donald Trump's administration implemented a "zero tolerance" policy to criminally prosecute and jail all illegal border crossers, even those traveling with their children, leading to a wave of separations last year. The policy sparked outrage when it became public, and the backlash led Trump to sign an executive order reversing course on June 20, 2018.

REUTERS

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Demand Soars At NYC Medical Clinic For Promising Back Pain Treatment

Can This Medical Technology Possibly Eliminate Or Greatly Reduce Even The Most Severe Back Pain... Almost Instantly?

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many treatments...* especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will

help every case of back pain.

And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequency Neurotomy" is often referred to as RF for short.

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months... 12 months... 18 months for some and some even longer. The great news is - another procedure can be safely performed for more relief if necessary.

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant pain.

Really... what would it be worth it to you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good nights sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgery-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the NYC Pain MD treatments can be done in out in-office procedure suites saving you stress, time and dollars. NYC Pain MD believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at one of their advanced medical clinics.

Your Invitation

NYC Pain MD offers a limited number of complimentary back pain treatment screenings every

month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at NYC Pain MD. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and traditional medicare.

Call 877-907-2934 for your free screening and find out if you can get out of pain today.



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	6	3				8		7
8			2	7		9		1
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MEDIUM

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		6	1	7	9			3

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READER WRITE-INS:

BABY STROLLERS AND SHOPPING CARTS

It is so rude when someone boards the bus with an open stroller or shopping cart. It's even worse when you have more than one stroller or shopping cart. First of all, aren't they supposed to close them? We have to step or squeeze by them and then how are we to board or exit when you are blocking both the front and back doors???? Really!

— Yolanda, Metro US reader



ISTOCK

metro.us/horoscopes



Aries You'll make the best impression by avoiding gossip, indulgent behavior and overreaction. Fitness, hands-on help and a positive attitude will be what attract the people you want.



Libra Expand your mind, improve your friendships and take better care of your emotional and physical well-being. Don't neglect your responsibilities or take on more than you can handle.



Taurus If you follow your heart, you will find your way to victory. Only express your thoughts and feelings to those you know you can trust. Moderation should be adopted.



Scorpio Surround yourself with people you connect with personally, physically and emotionally. The changes you bring about in collaboration with people who share your vision will encourage you to be more active and get more done.



Gemini Don't be too quick to make someone a promise. Find out exactly what's expected before you commit to something that may infringe on your time or privacy.



Sagittarius Execute your plans passionately and trust in your talent and abilities. Walk away from anyone playing mind games. Truth matters, so recognize when you are being misled.



Cancer You know what's best for yourself, so don't let someone take charge or pressure you to do something you don't want to do. Nurture relationships that are positive and prosperous.



Capricorn Change your lifestyle to suit your needs in order to feel happy about your future. The past will reveal exactly what you need to know to make the best choice.



Leo Uncertainty will surface if drama or an emotional situation arises. Refuse to give in to someone prompting you to make a snap decision that could be risky or costly.



Aquarius Put your heart and soul into doing things that will make your home more inviting and convenient. Self-improvement, fitness and proper eating habits are favored.



Virgo Choose your battles carefully. Concentrate on getting along with others and getting things done, not on wasting time arguing. Concentrate on personal improvement.



Pisces Use your imagination to help you become more efficient, well-rounded and on top of your game. A positive change shouldn't cost a lot or cause stress. Do what you feel works best for you. EUGENIA LAST

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LIFESTYLE

Amanda Palmer on speaking truth to power through experience

We spoke with the trailblazing singer-songwriter about her new album "There Will Be No Intermission."



PAT KING
patrick.king@metro.us

Amanda Palmer is not one to keep things bottled up. With a career that began with her trailblazing two-piece cabaret-meets-punk band the Dresden Dolls, Palmer introduced herself as a defiantly confessional singer-songwriter with no reservations on tackling difficult subject matter. Ever since the Dolls came raging onto the scene in the early 2000s, Palmer has had a long career full of rewarding albums that have held a sideshow mirror up to society.

Her newest album, "There Will Be No Intermission," is a new high-water mark for Palmer as a storyteller. The album finds her stripping back her sometimes frantic and brutal arrangements in exchange for lush orchestrations that surround the songs making her playing — mainly on piano and ukulele — and her voice the centerpiece of her unflinchingly honest narratives.

The album is highly autobiographical as it takes the listener on a life-spanning arc through Palmer's life, from seventh grade to today, a span of time that saw Palmer become a victim of sexual assault, go through the horrendous experience of having an abortion, and build a family of her own in her

forties with celebrated author Neil Gaiman. Her stories are woven with a stream-of-consciousness quality, giving the album a sense of importance that ties directly to our current moment.

"I think that's why this album can never be really tangled out from this moment in time, in 2019," says Palmer of her own experiences that provided inspiration for the album. "With #MeToo just having happened, with Harvey Weinstein and Bill Cosby just having been brought down, with Hannah Gadsby just having taken stage, there's a realization right now that the truth of our stories is actually the most powerful weapon that we have, and marching in the streets is powerful, and clicking on a petition on change.org can be powerful, and calling your senator can also be powerful. But the sharpest tool in our arsenal, especially as women, is standing up and stating the naked truth of our experience. Because the truth is the f—king truth. And when women simply get up and say it, it's inarguable."

The standout on the album is the song "Voice-mail for Jill," where Palmer leaves a message for a friend who is planning on getting an abortion in the morning. The song ponders why people throw parties for both births and deaths but not for those who go through one of the most unimaginable experiences possible. The song successfully humanizes the issue of abortion by speaking plainly with a resound-

ing sense of empathy that is missing from the politicization that tends to hijack the issue.

"Of course, there's a human side to abortions, because for every abortion there's a human being who has to get up in the morning and go get an abortion," explains Palmer. "We forget that, we get so caught up in the rhetoric and the the-

what is going on in our country right now. We're just so bad with taking care of each other right now. The number of women who just suffer in silence in the lead-up to an abortion and on the day of and in the aftermath is just devastating. But it's not a crisis, you know? An epidemic emotion crisis that women suffer is pretty ignorable

out of the gate early on in her career with a bravery in storytelling in those early Dresden Dolls albums that announced her as one of the most unique songwriters of her generation. Knowing that only makes the new depths reached on "Intermission" such a revelation for longtime fans. But how does this beyond-skin-deep vulnerability take its toll on the artist herself?

"Of course, it scares the s—t out of me," Palmer says with a laugh. "But it also feels like it's been part of my personal growth to get to the point where I know it scares the s—t out of me but I know I have enough immunity to do it anyway. Because I wasn't able to do that at 25. I was just barely able to stand up armed with a wall of metaphor, screaming at a piano, and saying things plainly and quietly was way too frightening for me. And that has changed because I feel so much more powerful than that 25-year-old girl."

Baring her soul has paid off throughout the years, both on a musical and business level. Palmer was one of the first artists to really revolutionize the notion that independent artists could forgo the process of going through a traditional record label cycle and, rather, crowd-source funds for projects, building a more tightly formed relationship between an artist and her fans. Back in 2015, Palmer was able to raise \$1.2 million through Kickstarter and since has gone on to write a book and even give a TED Talk

on the subject. Given the fluidity of the changing of hands between Palmer and her fans, it can sometimes be a lot playing the part of "Amanda Palmer," especially with an album this personal.

"That's sort of the problem with being Amanda Palmer," Palmer explains. "When you write s—t that's personal and you sort of live in your echo chamber and fan cave, it's frightening to put out a record like this because you just don't know. I really live in an insular world because I do have a small group of fans who love the stories and love the emotion and love the forthright nature of it, but I know it's not everyone's bag."

Palmer's tour around "There Will Be No Intermission" will see her playing theaters across the country, where she plans to perform not only songs from the new album and the rest of her robust career but some choice selections from the Disney catalog as well. Because you have to lighten the mood somehow.

"I've really distilled what it is I want to say down to about three hours of stories, paired with songs from the album, and it's a pretty bizarre show and not what I expected to make," says Palmer. "But it wound up being a cross between a TED Talk, a piece of stand-up comedy and the saddest songs. I've performed it a few times in New York now, and there's a lot of visceral belly laughter and a lot of weeping. And I think I've figured it out."



orizing and the politics and the policy. But tons of women in America have gone through this. And every single woman in America has woken up to their alarm that morning knowing that's the walk they're going to have to take. And the way things are set up in our system right now is that it's either a walk of shame or, if not, it's a walk of secrecy. Because no one wants to rock the boat, and we're doing such a terrible job as a society taking care of one another — in those moments, and many others. As we can clearly see

and is never going to be given top billing on the national agenda. And, I wouldn't mind adding, the men who suffer through these horrific emotional and complex experiences of abortions are pretty much erased as well. Because I know as many men who have been through difficult abortions as I know women. And no one f—king talks about it."

While many songwriters have burned through albums in order to earn the hard-won emotional calluses to be completely open and honest in their lyrics, Palmer had come

GETTY

Rip Michaels on bringing his all-star comedy friends to Barclays Center

The April Fools Comedy Jam will head to Brooklyn this Friday.



PAT KING
patrick.king@metro.us

Rip Michaels is not in the business of doing things on a small scale. Starting out as a stand-up comedian and writer in New York and then becoming a writer and cast member on Nick Cannon's wildly successful MTV improv show "Wild 'N Out," Michaels eventually moved on to become a producer and co-creator of the "Wild 'N Out" tour that brought the show to some of the biggest theaters in the country.

This Friday, he will be assembling some of his funniest and most successful comedian friends

including Bill Belamy, Lil' Rel, Sheryl Underwood and Luenell for his long-running April Fools Comedy Jam. This year, the show will take place on its biggest stage yet at Brooklyn's Barclays Center, where Michaels will be hosting and producing the show. This role of master of ceremonies came naturally to Michaels, as he has had plenty of experience in his long career creating his own stand-up nights within the competitive comedy scene in New York.

"The producer part and the host part started because I used to go to comedy clubs and they wouldn't allow people to go onstage," says Michaels. "So, I started creating my own comedy shows, and throughout the city, which led me to do my own room. At

one point I had 12 different rooms a week that I would do comedy in. That's where 'The Comedy King of New York' [nickname] came from, because everybody who used to call me that knew that I used to have more urban rooms than anyone."

Michaels used his talent for organizing and hosting in order to build up the April Fools Jam, and from there, there was no looking back.

"It actually started almost seven years ago at the Westbury Music Theater, which is now the NYCB Theatre at Westbury," remembers Michaels. "The very first time I did it, it took off. I did 4,000 seats for the very first time and I was like 'Okay, I'm on to something.' So, I just kept that same energy through



my career. By the time I started to do movies, television and film, I just kept using that muscle as well as being an actor and comedian at the same time."

With the April Fools Comedy Jam being booked at such a large venue this year, it could have been looked at as a lofty dream by some of Michaels' comedian friends. But getting together such a stacked bill was no problem, in the end.

"These are my friends so it was a simple phone call," Michaels says with a laugh. "I was like, 'You know what, this year we are going to do Barclays Center,' and they were like, 'Okay, Rip.' I was like, 'No, we are going to SELL

OUT the Barclays Center,' and they were like, 'Okay, we'll believe it when it happens.' So when I called they were like, 'Oh, you were serious?' I was like, 'Yeah!'"

Getting friends together to do comedy in front of such big audiences is almost like paying it forward for Michaels. As he sees it, the bigger the experience for both the audience and the performer, the more it benefits everyone involved.

"It gives me an opportunity to provide jobs to my friends," says Michaels. "It gives me an opportunity to put money in their people's pockets and help them feed their children. To bring a show

together that would normally cost a whole bunch.

"I always keep my tickets a reasonable price for people — at under \$30, so that way everyone can enjoy it. I'm always cheaper than any other program because it has never really been about the money. It has been about the experience. Getting people to see so many comedians at one time and getting so many comedians to perform at one time. Because we're all friends! I'm a huge fan of Brooklyn and being able to bring it to Brooklyn this year was really special."

The April Fools Comedy Jam will take place at 9 p.m. on Friday, April 12, at Barclays Center.



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MGAND-1901

John Lee Hancock enters *streaming*

The American filmmaker who directed films such as "Saving Mr. Banks" and "The Blind Side" talked with Metro about the changes in the film industry as he promoted the release of "The Highwaymen" on Netflix.

GABRIELA ACOSTA SILVA,
MWN

John Lee Hancock is promoting "The Highwaymen," starring Kevin Costner, Woody Harrelson and Kathy Bates. The American crime film follows Frank Hamer and Maney Gault, two Texas Rangers who attempt to track down and apprehend notorious criminals Bonnie and Clyde in the



"When you're in Hollywood you develop rhinoceros skin. You realize that you cannot afford to do things wrong."

Director John Lee Hancock
CONTRIBUTED



film and television, who often has a peculiar way of working with his cast.

"I like talking a lot, and after talking to them for five hours about everything that goes with the characters, discussing the details, they made me feel ready to work, laugh and sweat," he added.

The director also stated that he has had to adapt to changes in the industry, and enjoy whether the movie reaches the big screen or a computer.

"The Highwaymen" is now on Netflix.

1930s.

"I was always interested and I know a lot about them. I went so far into this that I understood the conflict I was dealing with. It has always been known that they were bad guys, always carrying

their dark history. It made me show the other side of this," Hancock explained to Metro.

On Kevin Costner and Woody Harrelson, the 62-year-old said:

"My pick were other people, as it was thought

about 13 years ago so everything was different. Speaking with both, it took us a long time to reach the point at which both felt safe to continue — several years, to be exact. But knowing what they had to offer,

knowing their strengths, I understood the duality they had to be different but similar in the way it was needed."

John Lee Hancock is a renowned director of

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EDUCATION

8 Warning signs it's time to course-correct in college



NerdWallet is a personal finance website.

Forty percent of students who enroll in a four-year college don't graduate within six years, according to the National Center for Education Statistics.

These students miss the benefits of a degree, but they may still pay dearly for their educa-

tion: According to the office of Federal Student Aid, students who don't complete college are three times more likely to have loans default than those who earn degrees.

To avoid this negative outcome and stay on track, colleges and researchers say to watch for these eight warning signs that can derail your education.

more likely to earn a degree than those who take 12 credits. That's partly due to basic math.

Many colleges consider 12 credits a full course load. But taking 12 credits each semester will leave you 24 credits shy of graduating after four years. To help you graduate on time, take at least 15 credits each semester or catch up with summer classes.

to a faculty member or advisor about how you can strengthen your skills before attempting upper-level and more difficult coursework in the field," Renick says.

5. Being placed in remedial classes
Remedial classes are supposed to prepare students for college-level work. But they can make students feel like they don't belong in college.

If you need remedial classes, you're not alone. Approximately 1 in 4 freshmen end up in remedial classes, according to the national think tank Education Reform Now.

If you feel comfortable taking traditional courses, Vandal says to advocate for yourself. Tell your adviser you deserve to take regular courses and be responsible for getting the support you need.

6. Running out of money

If you're facing a financial shortfall, talk to the financial aid office about options like completion scholarships and emergency loans. For example, Georgia State University provides micro grants to help students complete their studies.

Make sure you complete the Free Application for Federal Student Aid, or FAFSA, as well. The FAFSA makes you eligible for government grants, loans and other

financial aid. Only 60.9 percent of high school seniors submitted a FAFSA in 2018, according to the National College Access Network.

7. Skipping class
Students who don't attend class struggle academically. "This view is not just what faculty members claim to get you to show up," Renick says. "The data support the claim."

If you're not putting in the necessary effort, ask yourself why. Regularly skipping class is likely symptomatic of a bigger issue. Figure out the root problem and address it before your grades suffer too much.

8. Dealing with adversity

Unforeseen life events, such as illness or the death of a loved one, can force students to drop out. Long-term issues involving food insecurity and housing can prove overwhelming as well.

Before withdrawing, see what emergency services your school offers, like grief counseling, food vouchers or short-term housing.

"There is likely somebody on that campus who can help you navigate [your] challenges," says Vandal. "It's not something you have to bear alone."

This article was written by NerdWallet and was originally published by the Associated Press. **RYAN LANE**

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1. Not accepting help

Some colleges offer programs that spot students who need help. Georgia State University monitors 800 factors to identify at-risk students.

"We brand our system 'GPS Advising,'" says Timothy Renick, the university's senior vice president for student success. "Students are notified the moment that they make a wrong turn, and we can advise them about what they need to do to get back on path again."

But it's up to students to take advantage of assistance, at Georgia State and elsewhere. Don't be embarrassed to use tutoring services, writing centers and other on-campus resources; they're there to help you.

2. Taking too few credits

The Community College Research Center found that students at four-year colleges who take 15 credits their first semester are 11 percent

3. Choosing unnecessary courses

The 15 credits you take to stay on track shouldn't be for just any courses. You want classes that count toward your major, says Bruce Vandal, senior vice president of the national nonprofit Complete College America.

"The more credits you take in your major the first year, the better off you are," says Vandal. He recommends nine as a goal.

Balance the types of classes, too. Renick says Georgia State University identified "toxic combinations" of courses. For example, they found students struggle when taking calculus and physics in the same semester.

4. Struggling in your major

Pay attention to your grades in courses related to your major. They predict your chances for success.

"If you barely pass that first course, talk

SPORTS

The Mets' lead-off man has looked lost at the plate in 2019.



JOE PANTORNO
joseph.pantorno@metro.us

The Mets have gotten off to a familiar quick start in April as they are among the top of what is expected to be an extremely competitive NL East division this season after the opening three series.

While they're getting production from some key names like Michael Conforto along with new arrivals like Robinson Cano and Pete Alonso, one of the more familiar faces and fan favorites is off to a dreadful start.

Starting left fielder and lead-off man Brandon Nimmo couldn't fathom a worse start than the one

Mets sit Nimmo amidst slump



Brandon Nimmo has struck out 17 times in his first 26 at-bats. GETTY IMAGES

he's having in 2019. In eight games this season, the 26-year-old has just two hits in his first 26 at-bats (.077 batting average) with a league-leading 17 strikeouts.

That's a punchout in 65 percent of his at-bats.

Nimmo was cemented into the Mets' lead-off spot

this season after a strong showing in 2018, his first full season in the majors. While a .263 batting won't jump off the page, Nimmo finished fourth in the majors last season with a .404 on-base percentage.

It seems as though the majors have figured Nimmo out this season.

The game plan has been to run fastballs in on the hands of the lefty. Due to his natural swing that prompts his back shoulder to drop, Nimmo has been unable to make contact with those pitches, whether it's just being too slow or swinging through them.

According to Fan-grams, Nimmo is making contact with fewer than 1 percent of the pitches he swings at that run inside on him and miss the strike zone.

His poor start will garner the extra attention of first-year hitting coach Chili Davis, who has been

working his magic with a majority of the roster. However, the Mets rightfully gave Nimmo Sunday off in the series finale against the Washington Nationals at Citi Field.

It allowed manager Mickey Callaway to get Jeff McNeil back into the lineup. The left-handed third baseman has been losing reps to JD Davis when southpaws are on the mound, including Saturday against Patrick Corbin, when Davis smashed his first two home runs as a Met in the victory.

Benching Nimmo allowed the Mets to put McNeil in left field, but more importantly get his bat back in the mix. Also a 26-year-old, McNeil was batting .368 in his first seven games of the season.

Over his first 270 career at-bats, he is batting .332 and should be the Mets' lead-off man until Nimmo can work his way out of this funk.

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Isles clinch second in Metro, draw Pens in playoffs

The Islanders have home-ice advantage in a playoff series for the first time in 31 years.



JOE PANTORNO
joseph.pantorno@metro.us

For the first time since 1988, the New York Islanders will host a Game 1 of a postseason series after locking up second place in the Metropolitan Division on Saturday night with a 3-0 victory over the Washington Capitals in the regular-season finale.

The two points gave the Islanders 103 points on the season — their most in a year since 1983-84 — and put them three points ahead of the third-place Pittsburgh Penguins, whom they will face off against in the first round.

The Penguins lost in a shootout to the New York Rangers on Saturday night, which would have helped the Islanders



The Islanders are back in the playoffs for the first time since 2016. GETTY IMAGES

plenty had they come up short in Washington.

Had the Penguins won on Saturday and the Islanders lost to the Capitals, it would have been Pittsburgh who had home-ice advantage rather than the Islanders.

The win in Washing-

ton put the finishing touches on an improbable season for the Islanders. A team that was expected to finish near the bottom of the Eastern Conference after the departure of John Tavares has developed into one of its most structured sides.

Goaltenders Robin Lehner and Thomas Greiss combined for 11 shutouts, a team record while winning the William Jennings Trophy for least goals allowed in the NHL this year. The Islanders also became the first NHL team in 100 years to

go from worst to first in goals allowed over a two-year stretch.

"I said it early in the year: If you want to go somewhere quick, you go alone. If you want to go somewhere far, you go as a group," head coach Barry Trotz said. "They

decided to go as a group."

With the series starting Wednesday, it's a reunion of familiar division foes in the postseason. It also features the last two Stanley Cup-winning coaches in Pittsburgh's Mike Sullivan and the Islanders' Trotz, who won it all with the Capitals last year.

This will be the fifth time ever the Islanders and Penguins will meet in the playoffs. New York took the first three meetings in 1975, 1982 and 1993 before the Penguins took the first-round series in six games back in 2013.

Each team won a pair of games against the other this season, the Islanders sweeping a home-and-home on Oct. 30 and Nov. 1. It was the first indication that the afterthought Islanders would be a force in the Metropolitan Division.

Keep an eye out for Wednesday's issue of Metro New York, where we will provide a full preview of the Islanders' first-round series.

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GAME 3 (at PIT)

SUNDAY, APRIL 14, 12 PM ET, NBC

GAME 4 (at PIT)

TUESDAY, APRIL 16, 7:30 PM ET, NBC Sports

GAME 5* (at NYI)

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successor by merger to Indus
American Bank, Plaintiff, vs.
Mohammad A. Shah a/k/a
Mohammed A. Shah, ET AL.,
Defendant(s). Pursuant to a
Judgment of Foreclosure and
Sale duly filed on March 20,
2019, I, the undersigned
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Courthouse, Courtroom 25,
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Jamaica, NY on May 10,
2019 at 10:00 a.m., premises
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Block 576 and Lots 1013 and
1014. Approximate amount of
judgment is \$582,187.08 plus
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will be sold subject to provisions
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Index # 708027/2017.
Stephen D. Hans, Esq., Referee
Ostrowitz & Ostrowitz, Esqs.,
225 Gordons Corner Road,
Suite 1J,
Manalapan, New Jersey 07726,
Attorneys for Plaintiff.

NOTICE OF SALE

SUPREME COURT
COUNTY OF Queens,
Vanderbilt Mortgage and
Finance, Inc., Plaintiff, vs.
Marline A. James, Diederer
Wildman, ET AL.,
Defendant(s). Pursuant to an
Order Confirming Referee
Report and Judgment of
Foreclosure and Sale duly filed on
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judgment is \$1,079,461.82
plus interest and costs.
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Index # 16121/2012.
Gregory J. Newman, Esq.,
Referee
Greenspoon Marder,
590 Madison Avenue,
Suite 1800, New York, NY 10022,
Attorneys for Plaintiff

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LEGAL NOTICES

NOTICE OF SALE
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vs. JOSE MALDONADO,
ET AL., Defendant(s).
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35 LLC as manager d/b/a Hotel
Metro.

LEGAL NOTICES

SUPREME COURT
COUNTY OF QUEENS,
Wilmington Savings Fund
Society, FSB, Doing Business
as Christiana Trust, Not in its
Individual Capacity, But
Solely as Trustee for BCAT
2015-13BTT, Plaintiff, vs.
Inho Choi, ET AL.,
Defendant(s). Pursuant to a
Judgment of Foreclosure and
Sale duly filed on October 15,
2018, I, the undersigned
Referee will sell at public
auction at the Queens County
Supreme Court, Courtroom
25, 88-11 Sutphin Boulevard,
Jamaica, NY on April 19,
2019 at 10:00 a.m., premises
known as 80-20 Park Lane
South, Woodhaven, NY.
All that certain plot, piece or
parcel of land, with the
buildings and improvements
thereon erected, situate, lying
and being in the Borough of
Queens, County of Queens,
City and State of New York,
Block 08851 and Lot 115.
Approximate amount of judgment
is \$285,464.30 plus interest and
costs. Premises will be sold subject
to provisions of filed Judgment
Index # 703025/2015.
Gerald Chiariello, II, Esq., Referee
Knuckles, Komosinski &
Manfro, LLP,
565 Taxter Road, Suite 590
Elmsford, NY 10523,
Attorneys for Plaintiff
Cash will not be accepted.

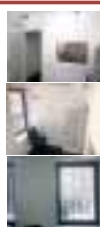
NOTICE IS HEREBY GIVEN,
PURSUANT TO LAW, that the
NYC Department of Consumer
Affairs will hold a Public Hearing
on Wednesday, May 1, 2019 at
2:00 p.m. at 42 Broadway, 5th
floor on a petition for Sterling
40-01 LLC to establish, maintain,
and operate an enclosed sidewalk
cafe at 4001 Northern Blvd. in
the Borough of Queens for a term
of two years.
REQUEST FOR COPIES OF THE REVOCABLE
CONSENT AGREEMENT MAY BE ADDRESSED
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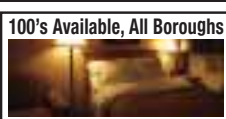


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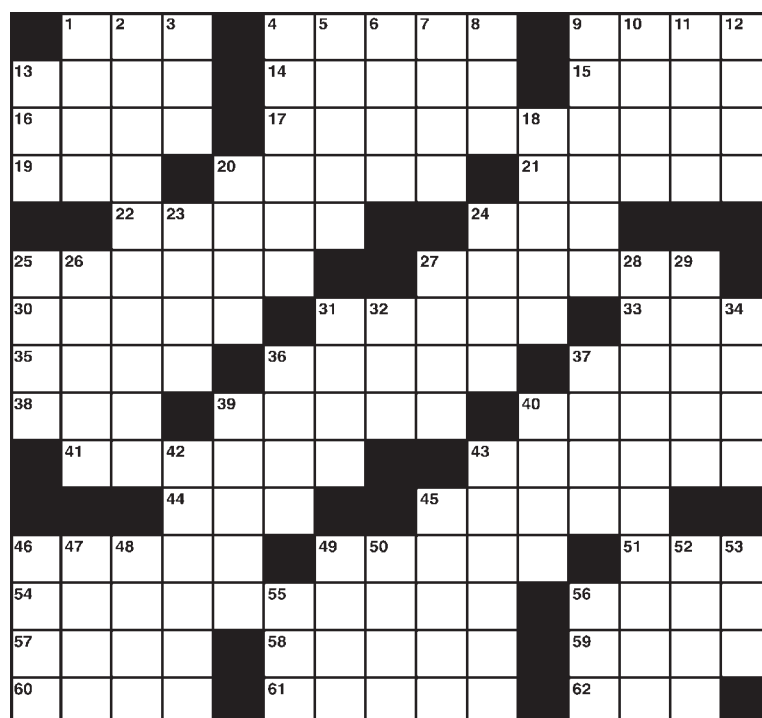
ACROSS

- 1 Large
4 Misbehave
9 Border on
13 Rational
14 Humiliation
15 Duplicate
16 West or Sandler
17 "...and lead us not into ___."
19 Last calendar pg.
20 Piles
21 Winnie-the-Pooh's creator
22 Diagram
24 Andrew Cuomo's title: abbr.
25 Assumes a catcher's position
27 On the up and up
30 Sounds like a contented cat
31 For the time ___; temporarily
33 Hoodwink
35 Peruse
36 Exchange
37 Destiny
38 "Not ___"; words to the impatient

DOWN

- 1 Commanded
2 Wrong
3 Onyx or amethyst
4 Fall flowers
5 One not to be trusted
6 Pat down, as soil
7 Diamond officials
8 Flea collar wearer
9 On the go
10 Sore as a ___
11 Come ___; find

- 12 Actress Daly
13 Downcast
18 Surrounded by
20 Head toppers
23 Difficult
24 No longer here
25 Nimble
26 Part of a royal flush
27 Keep secret
28 Strewing about
29 ___ max; fully
31 Actor Garrett
32 "Please Don't ___ the Daisies"
34 Have to have
36 Juniper or dogwood
37 Swim ___; diver's flippers
39 ___ to; before
40 Tight, as a rope
42 Just about
43 Think over
45 Ballroom event
46 Muscle pain
47 Washerful
48 "___ want for Christmas is my two front teeth..."
49 Adder's sign
50 Actor Rex ___
52 Part of a foot
53 Flying insect
55 Dangerous critter
56 ___ Diamond Phillips

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ArkadiumCheck your answers
at metro.us/games

BY TCA

metro.us/wordsearch



April
Casey
Donatello
Jones
Krang

Leo
Mikey
Mutant
Ninja
O'Neil

Shell
Shredder
Splinter
Teenage
Turtles

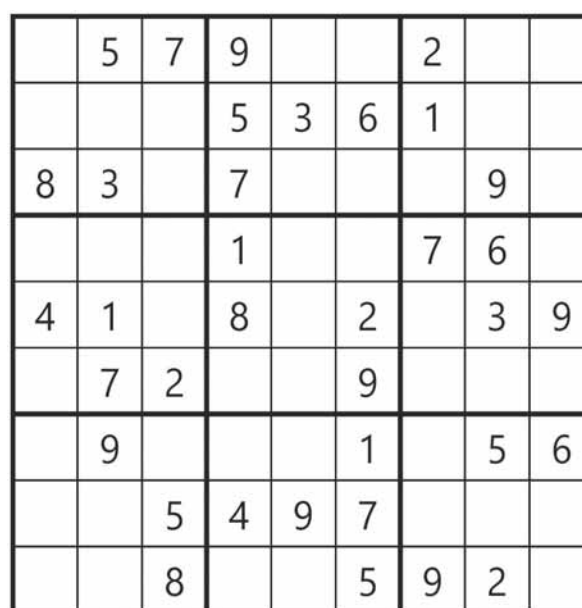
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Category: Actor



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